## PERSONAL STATEMENT

500 words sample, page 1

When I was a child, my parents didn't know what to do with me. Every week I would come back from school with a note from my teachers, at first urging, then pleading, for my parents to imbibe some sense of self-control in me. To their credit, they tried, and I endured countless sessions in corrective facilities, therapies, and even a faith healing session. However, nothing helped – I couldn't control my urges to speak out in class, and I had trouble focusing on the tasks at hand. It wasn't until I was in middle school and in danger of failing all of my classes when one of my teachers thought to ask if perhaps I had a learning disability. In my small town, mentioning anything of the sort was considered absolutely taboo, and my parents heavily denied any evidence that might point to me possibly needing such treatment.

As a result, I spent two extra years in middle school, struggling to cope with my schoolwork and with the rising difficulty of watching all my friends and classmates graduate. Feeling lonely and misunderstood, I began exhibiting symptoms of depression, which my parents took very seriously. A psychiatrist prescribed me mid-dose Prozac, and it was that which changed my life. With my first dose, I began to feel like a new person — all of a sudden, I could focus, and for the first time in my life, I could sit still in class. I went from being held back in middle school to becoming a straight-A student in high school. Now that I am close to graduating, I can actually look forward to a future that I could not just five years ago. My struggles have inspired me to dedicate myself to helping other children facing a similar situation, and to utilize community outreach to shatter the illusion of taboo surrounding mental health.

I had an undiagnosed learning disability for my entire life, and I was lucky that Prozac just happened to alleviate my symptoms. However, for many other children, this is not the case. During sophomore and junior year in high school, I volunteered at a rural healthcare clinic about 40 minutes from me. The taboo of mental illness was already very strong in my little suburban town — it was even more difficult to overcome in the countryside. A case that touched me very deeply was one of a little boy exhibiting all the

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